

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

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April 20 to May 19

The resurrected Christ quickens my whole being with light, joy, and peace.

In the name and through the power of Jesus Christ I am resurrected into newness of life. It is not I, but "the Father abiding in me doeth his works."

The riches of Thy all-infolding substance fill my world with plenty and to spare.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

The Lord's Religion

Religion is not a question of perpetually **avoiding** something. Yet there are those who seem to think the essence of the spiritual life consists in examining their conscience, always thinking of their past, and having a catalogue of their sins ever before them. They take the last gleams of hope out of their unhappy souls and make of their spiritual life a perpetual shuddering. But our Lord was gentle with His apostles, and they with all their faults were never uncomfortable with Him. To avoid sin, do good.

—Reverend Daniel Considine; Confidence in God.

Eyes of Christ
F. B. WHITNEY

Eyes of Christ, keep shining
Through these eyes of mine;
Keep my glance turned upward
To your glance divine.

Eyes of Christ, beholding
Beauty long concealed,
By your look celestial
All of good's revealed.

Eyes of Christ enraptured
With the vision fair,
Share with me its splendor:
Goodness everywhere.

Eyes of Christ, illumined,
Wherein wisdom lies,
Let men see, reflected,
Your light in my eyes.

My Pact with Thee, O Christ



WITH THEE, O Christ, I make a pact today. I enter into that higher consciousness wherein I feel that Thou art a living presence with whom I am inseparably unified. I enter into the realization that we speak to one another. In making this pact, I realize that Thou art helping me to keep it to the best of my ability.

I make this pact with Thee today: I will do the best I can to keep my every thought centered upon Thee. Through Thy help I will keep my mind cleared of darkness, hate, fear, cruelty, disease, and failure. Through Thy heavenly assistance I dedicate my mind and thought to Thee. Thy heavenly thoughts shall fill my mind to overflowing, leaving no room for worldly and adverse thoughts.

Through this solemn and holy pact I dedicate and consecrate my mind to Thee for this day. I keep my mind holy that it may be a fit place for Thy heavenly thoughts. Through this dedication and consecration, my mind becomes the proper vessel to bear Thy message of heavenly truth.

By my pact with Thee, O Christ, I agree to think of Thee before I utter one word. My words shall be words of Truth and of light. They shall be words inspired by Thy grace and strengthened by Thy presence. Thy words, established in heavenly light and wisdom, shall be my words. My lips and my tongue are today dedicated and blessed for the purpose of speaking Thy words of wisdom.

In making this holy pact today I agree to behold Thy presence of goodness instead of what men have called evil. By Thy assistance I am enabled to see beyond the appearance of evil and to behold omnipresent good. I behold Thee as the allness of good that in Truth leaves no place for man's concept of some opposite to good.

Bless my inner vision and my eyes today that I may see Thee clearly expressed in all things. Help me to keep my vision centered upon Thee this day and to have eyes dedicated to clear seeing. Help me to look beyond the appearance of personal limitation and to behold God's perfect man in visibility.

By my pact today, I am endeavoring to hear only that which is harmonious. In place of words of evil, gossip, and malice, let me hear Thy "still small voice." Bless my ears that they may be attuned to words of Spirit. Enable me to hear clearly and distinctly all that Thou wouldst say to me.

By my pact today I would live in Thy heart. I would give my whole heart and soul to Thee for this day of my pact. I agree to try to keep out of mind every thought or feeling that would offend Thy blessed heart. I would feel that Thy heart encompasses me completely. Help me to know that I live in Thy heart, that it is my safe refuge, my retreat, my holy abiding place, my sanctuary.

I make this pact with Thee today: I will serve Thee in whatever capacity Thou canst use me. By this agreement I would minister unto

Thy loved ones by Thy prompting. I would make their burdens lighter, their way easier. May my hands be healing hands, hands of mercy, hands of service, hands of prayer.

I agree by my pact today to walk in Thy path. Keep my feet turned from paths of vice, paths made by evil thought. Set my feet upon higher ground. Show me the way to go that in all my ways I may glorify Thee. Reveal to me that Thou art with me every step of the way. I would know that Thou art ever at hand, that I walk in Thy path, that Thy feet precede mine.

I can encounter no difficulty in keeping this pact with Thee today because Thou art with me, inspiring and strengthening my mind, revealing Truth in all its fullness. I know that when I enter into this agreement with Thee, Thou comest to my side to aid me in all things and to make my way easier. I know that through Thy help I can keep this pact and that I can do whatever I undertake.

When I do the best I can, my reward is sure. I am compensated with Thy gift of added strength. I realize that Thou art rejoicing in my every endeavor to be true to Thy message of Truth and in my every attempt to grow in Thy likeness.

By my pact today I stand hand in hand with Thee. When I falter, I have Thy courage. When I succeed, I have Thy praise. As I go forward in Thy grace, I have Thy assurance that I need not turn back.

How to Forgive

FORGIVENESS that doesn't stick is not forgiveness at all.

Forgiveness should cleanse the mind and the heart. It is one of the greatest cleansers there is.

If I am done a wrong and say I forgive it, and then muss up my mind and heart by scratching up the same resentment and bitterness, I lie. More, I do myself hurt.

A person who swallows pride and sincerely asks pardon for offense is entitled to the truth. To grant it with mental reservations is unjust. It must be complete, or withheld. To withhold it means that one intends to nurse the injury. Nursing injuries leads to misery.

The ability to forgive is one of the highest and finest faculties given to man. Great minds have ever discerned this. There is Pope's immortal line: "To err is human, to forgive divine." Emerson wrote: "His heart was great as the world, but there was no room in it to hold the memory of a wrong." And this by Robert Browning: "Good to forgive; best to forget."

There it is. To forgive, forget.

Very hard, sometimes. Harder for some than for others.

The way to go about it, of course, is, first of all, to realize that we are all human, with human weaknesses as well as human virtues. Next comes an effort to put oneself in the place of the one who did the injury, considering without passion all the circumstances, conditions, temp-

tations, troubles, or whatever other things were operating when the wrong was done.

So far, so good. Now comes a sincere recognition of the good, the fine, and the lovable things in the person one is trying to forgive, one by one.

It comes easier now. One more step and the thing is accomplished. This is to see clearly that the injury is done and lies in the bottomless pit of the dead past. If forgotten, it cannot affect the present moment or the moments and years that lie ahead.

If this is seen clearly, memory turns the leaf. All is serene again. Great!

—*Edward Orleans; New York Daily Mirror.*

Mystical Detachment

The soul must be attached to nothing, not even to the subject of its meditation, not to sensible or spiritual sweetness, because God requires a spirit so free, so annihilated, that every act of the soul, even of thought, of liking or disliking, will impede and disturb it, and break that profound silence of sense and spirit necessary for hearing the deep and delicate voice of God, who speaks to the soul in solitude.

—*St. John of the Cross.*

Take Time

DELLA ADAMS LEITNER

"No time!" I sighed, as I longed to do
The work that my heart desired.
Bitter were thoughts that hid from view
The goal; for my mind was tired.

Then a message of Truth, of love and light
Came winging across my way,
And I paused to listen and heard aright:
"Take time," it said, "to pray."

"Take time!" To me, who was spent and worn,
With endless tasks undone,
"Take time," it said, "and in strength newborn
You'll find your vict'ry won."

I heeded and prayed, and I heard God's voice,
And it led me to find the way
To the work I love; and I now rejoice
Because I took time to pray.

Christ Is My Refuge

HAVE YOU not at times wished that you might find some place of refuge to which you could go when things seemed to disturb you more than usual, some sanctuary to which you could go and think things out, some retreat where there would be a guide or teacher who would show you what to do, a high place from which you would emerge with victory and peace in your heart?

Were it in the power of man to build such an edifice, every person in the world would clamor for a place in it. He would be willing to make any sacrifice, financial or otherwise, in order to be able to relieve his burdened mind or heavy heart and come away carefree and victorious. Virtually every person in the world at some time has problems to solve or decisions to make that seem almost too much for his own handling or solution.

David knew the Spirit of God as his refuge in times of trouble, a strong tower to which he could retreat when his adverse thoughts had to be overcome through his knowledge of Truth. He expressed himself in this way:

Thou hast been a refuge for me,

A strong tower from the enemy.

Any concordance to the Bible will bring to our attention many passages under "tower." If we have not previously realized that we have a tower or refuge in times of stress and strain, we make the startling discovery that such a place does exist and that we have access to it.

We do not need to go halfway round the

world to find this temple or shrine. It exists at the heart of our being. Christ is our refuge. In Him we find sanctuary. To Him we can retreat from adverse thinking and discover our power through Him to be triumphant. Christ is our refuge, our tower of strength, our shrine of devotion, our high place of victory.

When we seem to be overcome with our thoughts of adversity, what shall we do? Shall we let ourselves be mastered by them? Shall we give in to thoughts of evil, sin, fear, hate, disease, and failure? In other words, shall we remain outside the refuge of Christ? Every adverse thought, every thought contrary to the Truth of Christ, disqualifies us, keeps us from being worshipers in His temple, victorious followers in His faith.

When we seem to be lost, forsaken, at sea, when we feel so strongly a need of going into some temple or sanctuary, what shall we do? How can we find this mystical refuge of Christ? Granted that it exists for those of a higher consciousness, how shall we, beginners in the study of Truth, discover it, enter it, and enjoy its blessings?

First, we must give up our adverse thinking. We must be like those worshipers who enter a sacred temple and are required to leave their shoes at the door. At the door of our temple we leave our worldly thoughts. We leave those negative and adverse thoughts that in our heart we know are contrary to Christ and His Truth. We enter the temple as clean in heart as we can

make ourselves, knowing that our visit to Christ will mean additional purification.

In the temple our whole attention is given to Christ. Of course in His presence there can be no thoughts of doubt or fear. To get into the presence of Christ, to have an audience with Him, we must be loyal to Him and think of naught but Him. We must realize that we are going into a sacred place for a visit with Him. We must expect His blessing and know that He will take all heaviness from our heart. His light will shine upon us in heavenly benediction and will reveal to us the very likeness of Himself within us. A strange mystical experience is this. We enter the refuge of Christ to have Him revealed to us and He meets us there to reveal us to ourselves. We go to discover Him in the temple and find ourselves revealed in the light of our inner being.

In times of trouble, let us enter this inner tower of light and strength through knowing that Christ is our refuge and victory. But one thing is required of us: that we enter according to the 24th Psalm, with our hands and hearts made as clean and as pure as we can make them. Christ will do the rest. He will give us that heavenly purification that humanly we cannot give ourselves.

In having revealed to you this sanctuary of purification, strength, and triumph, you have learned the greatest secret in the universe. No money can buy it from you when once you have discovered this pearl of priceless value.

Thy Will Be Done

FERN ROSSMAN

Say it not in mournful tones:

“Not my will, but Thine be done!”

You are His beloved child;

Why His sure protection shun?

For there's safety always, child,

In the way that He will lead.

You must trust Him fully; know

Rich supply for every need.

All His ways are pleasant ways;

Lose that sense of fear and strife,

Banish clouds that self has formed,

Learn His way for you is life.

Look with confidence upon

Love that guides the radiant sun!

Learn to say it joyously:

“Not my will, but Thine be done!”

Wednesday, May 1

I am no longer afraid of persons and things. Christ in me makes me fearless and courageous.



NOW cast all fear from my mind. I no longer fear the things of the external world. I am not afraid of other persons. My consciousness is free from all fear of persons and things in the world about me. No thought of fear can abide in my mind.

Christ in me inspires me to courage. When I would be afraid, He whispers to me that there is nothing to fear. My consciousness of courage overwhelms any thought of fear that comes to my mind. The truth about my inherent courage overrules every thought of fear of persons and things.

The race idea of fear has no power to lodge in my consciousness. I do not fear the future because I know that it will take care of itself. I do not fear those things that the ignorant man fears. I know that courage enlightens my consciousness. I am courageous because I know that Christ within me has dispelled all fear. The courage of Christ makes me fearless.

I rejoice in the consciousness that I am unafraid, courageous.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—II Tim. 1:7 (A. V.).

Thursday, May 2

My body is the temple of the living God, filled with His presence.

I NO LONGER think of my body as simply material and physical. I do not think of it as the habitation of disease. I no longer consider it an abode of imperfection, weakness, and lack. Through the study of Truth, I am now free from all limiting notions about my body.

I realize that my body is the temple of God. His presence fills it with health, perfection, and wholeness. His presence excludes every thought or evidence of anything adverse to my physical well-being. Nothing unholy can live in the presence of Christ now filling my body temple.

In the affirmative thought that my body is God's temple, I am positive to health. No thought adverse to my highest good can enter my body through my mind, which is positive to good. I think only those thoughts about my body that will keep it secure in health. I see my body as God sees it, as His living temple.

The presence of God in my body fortifies it against any invasion of adverse thought, any thought not founded upon the truth about my health and wholeness. I abide today and henceforth in the consciousness that my body is God's holy temple.

The temple of God is holy, and such are ye.
—I Cor. 3:17.

Friday, May 3

The love of Christ within me, now expressed through me, causes me to love all persons.

IN THE great universal love of Christ, I love. I express His love for all persons through my own love. His impersonal love frees me from all bondage. His impersonal and universal love exalts me to the heights of divine love.

Loving through the consciousness of Christ, I am lifted above every unloving thought. There can be no lack of love in my mind, in my heart, in my world. No unloving thought can originate in my mind or lodge there. My mind is dedicated to the love of Christ and only thoughts of love can abide there.

The love of Christ is my love. I have access to every loving thought when I abide in the consciousness of the presence of Christ and His love. I abide in Him and thereby abide in His love. His love is my protection against every adverse belief of the race. His love uplifts, purifies, heals, and sustains me. His love causes me to know that in Truth I eternally abide in His presence.

The love of Christ causes me to know that love is God's will for me. I am no longer willing to think thoughts of personal animosity.

Forbearing one another in love.—*Eph. 4:2.*

Saturday, May 4

The mind of Christ now quickened within me causes me to think thoughts of Truth, and I no longer think contrary to Christ.



REALIZE that when I think thoughts of ignorance, fear, hate, sorrow, disease, and failure, I am thinking contrary to Truth and Christ. When I think contrary to my highest good, I am thinking contrary to Christ in the midst of me. I resolve not to think contrary to the mind of Christ, the mind of Truth. I cease thinking adverse thoughts in order to use my mind substance in thinking according to the standard of Christ.

I know that there is but one mind of Truth, one spiritual consciousness. I do not believe in any mind other than the one mind of Truth, the mind of Christ. I no longer believe that I have a mortal mind or that I am compelled to think mortal thoughts. I am loyal to the one spiritual mind.

The mind of Christ in me quickens me to thoughts of Christ. I think those strong and positive thoughts that put an end to adverse thoughts. I think thoughts of peace, wisdom, joy, love, courage, health, and plenty.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

Sunday, May 5

*Christ in me is never impatient.
Through Him I am patient under all
circumstances.*



CHRIST symbolizes patience to me. When I am inclined to be impatient, I have but to turn in thought to Him. I need but meditate upon His patience in order to lose all sense of impatience. I need but know that He within me inspires me to be patient in order to be patient in all situations.

I have no desire to try to hasten the work of Spirit. I know that God's work is already done and that I need but turn in thought to Him in order to see His perfect work. I cannot be impatient when from the standpoint of Truth I look upon God's workings through me. I am patient when I give myself entirely into the keeping of God, knowing that all is well.

The patient Christ within me ever looks upon the world outside, knowing that He is master of it. He knows that through His patience He masters it and that it must do His bidding. Christ cannot be impatient, because He is aware that all things are under the direction of God.

I am now quickened to patience. I behold the action of God taking place in all things to the higher glory of God. I know that God's work cannot be delayed when I see it in the light of the higher consciousness of Truth.

Patience in well-doing.—Rom. 2:7.

Monday, May 6

In the freedom of Christ I am free.

IN THINKING of Christ in the midst of me I think of His freedom and mine. I realize that through His freedom I am made free. This freedom is from all human sense of bondage. I cannot be in bondage to adverse thought when I realize my freedom in Christ. I cannot be enslaved to limiting beliefs when I know that in Christ I am free.

As I meditate upon the freedom of Christ, my consciousness of freedom increases and expands. I lose all human sense of bondage as I think the truth about my freedom. I cease to be bound to limiting thoughts and conditions, as I realize that Christ's freedom is mine, expressed in my mind, in my body, and in my affairs.

Henceforth I am free. I empty out of mind every thought that would enslave me. I dedicate my mind to the freedom of Christ. I behold Him as my Savior and see Him setting me free through His all-powerful consciousness of freedom. I refuse to allow myself to be enslaved by adverse thought again.

I rejoice in my freedom. I am happy to abide in that consciousness which knows my bondage. I rejoice to enjoy the freedom of Christ and to rely upon Him at all times.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

Tuesday, May 7

I do not live in the past or in the future. I know that in Truth there is only the time of Spirit, the eternal now.



NO LONGER attempt to live in the yesterdays. I realize that when I try to live in the past I am trying to lead an unnatural life. I am not burdened by any unpleasant memories of yesterday. I know that it is impossible for me to live in the past.

I realize that I should not try today to live in the future. I know that tomorrow's experiences must be left for tomorrow. I do not spend my time in anticipating experiences of the future and so fail to get the good out of today.

In Truth there is only the present moment, the eternal now, the timeless time of Spirit. Man may use the terms "past" and "future" for convenience, but I know that in Truth there is no time but the eternal now. Man may think in terms of yesterday and tomorrow, but in Spirit time is timeless.

I resolve to live in the present moment and to extract from it every blessing that it offers. I know that in the present moment there can be no thought of age. The present is the time of life and youth, the time of Spirit. By living in the present I know that I am living with God and abiding in His omnipresence.

Redeeming the time.—*Eph. 5:16.*

Wednesday, May 8

The God of peace now rules my consciousness, overruling and overthrowing every inharmonious belief.

IN ORDER to be peaceful and harmonious I am willing to give up every inharmonious belief. I give up every thought adverse to peace in order to keep God as peace enthroned in my consciousness. I refuse to entertain inharmonious thoughts and thus be disloyal to God.

I know that God as peace can rule my consciousness only when it is prepared for Him and when I refuse to entertain inharmonious thoughts. I accept God as that power for peace which overthrows every inharmonious thought or every belief adverse to peace.

I think of other persons in terms of peace. I know that they have no power to make me inharmonious. I realize that when my consciousness is established in peace I am impervious to peace-destroying beliefs. Established in the truth of peace, I cannot be swerved from my position. My mind cannot think inharmonious thoughts when it is established in Truth and in peace.

With God as peace established in my thought, I know that I am forever assured of peace. I am established in the peace of God.

Now the God of peace . . . make you perfect in every good thing.—*Heb. 13:20.*

Thursday, May 9

Every thought of anxiety and worry is now excluded from my mind because I put my whole trust in God.



FREE myself from worry by giving up every belief that would cause me to be anxious. I refuse to entertain thoughts of worry. I know that when I am established in Truth, in the consciousness of being free from care, I am free from all belief that persons and things can make me anxious.

I place my whole trust in God. I know that He is bringing good to pass in my life. I realize that all is well. Trusting in Him, I cannot be anxious. I cannot worry when my mind is given to trust in God. I cannot be anxious when I am established in the consciousness that God is taking care of me and all my affairs.

I am not anxious about my health, my affairs, my business, my family, or my future. I place all these in God's care. I trust Him to take care of me and mine. I know that I have nothing to worry about when I fully trust in Him to bring good to pass. My mind is now free from every thought of worry and anxiety. I entertain only thoughts of trust.

Resting in the assurance that all is well, I give every mental burden to the Lord. I surrender every worry to Him and receive in exchange His trust and peace.

Be not therefore anxious.—*Matt. 6:34.*

Friday, May 10

*The justice of the Christ in me ever
prompts me to be just in all my dealings.*



THIS DAY I meditate upon justice. I turn my thought to Christ in me, the very Spirit of justice and righteousness. I rise above any thought of, any tendency toward injustice. I am no longer ruled by unjust beliefs. I cannot be unjust toward my fellow man as long as I am established in Truth and justice.

The justice of Christ in me prompts me to be just to all persons at all times. I yield every adverse thought that would be a barrier to His justice. I give up every belief in injustice, revenge, and cruelty. I am willing for Christ in me to show forth as perfect justice in my life.

The justice of Christ motivates me in all that I do. I am just to myself and live according to the high ideals of Christ. I am just to my associates and deal with them as I would have them deal with me. I do not take unfair advantage of what they say or do. I do not openly or secretly accuse them of doing evil or seek to punish them openly or secretly. I give them into the keeping of God, divine justice.

The justice of Christ rules my mind and my every thought. I abide in Him and His justice.

Jehovah is exalted; for he dwelleth on high: he hath filled Zion with justice and righteousness.
—Isa. 33:5.

Saturday, May 11

God, divine law, the principle of Truth, is the only law operating in my life.



CEASE to believe that any adverse law is ruling my life or that I am under the dominion of laws of ill luck, misfortune, or disease. I no longer think of evil as being backed by any principle or law to put it into effect. I do not believe that adversity of any kind has any basis in law upon which to establish itself.

God, the law of good, knows no rival. Since He is omnipotent, He as law can have no competitor. Being the law of my health, He gives no quarter to any so-called law of disease. Being the principle of my supply, He knows no such a thing as a principle of failure or lack.

God, the principle of Truth, is the principle upon which is founded my wisdom, peace, love, joy, health, and success. No principle opposing God could exist in Truth or in my life. No principle of evil could sustain evil, because in Truth the existence of any principle opposed to God would be paradoxical.

God is the law of my life and my lawgiver. I need no other law. I am loyal to the one principle, the one law. Henceforth I recognize but one God, one law of good, one principle of Truth.

Jehovah is our judge, Jehovah is our lawgiver . . . he will save us.—*Isa. 33:22.*

KEEPING OUR HEAD IN HEAVEN

Evelyn Gage Browne

If we can keep our head in heaven,
Wherever we may be,
And know that only what is good
Can come to you and me;
If we can look past things that seem
And get the higher view,
We'll find that evil is a dream
And just the good is true.

If we can keep our head in heaven
And see our brother man
As just the perfect child of God
According to life's plan;
If we can send out thoughts of love
And voice the kindly word,
Just love and beauty will be seen
And songs of joy be heard.

If we can keep our head in heaven,
Upon the Christ within,
And just hold fast to faith in God,
We're surely bound to win.
If we can keep our head in heaven
And see the real and true,
We'll find somehow we're walking there,
Our feet in heaven too!

AD



KEEPING OUR HEAD IN HEAVEN

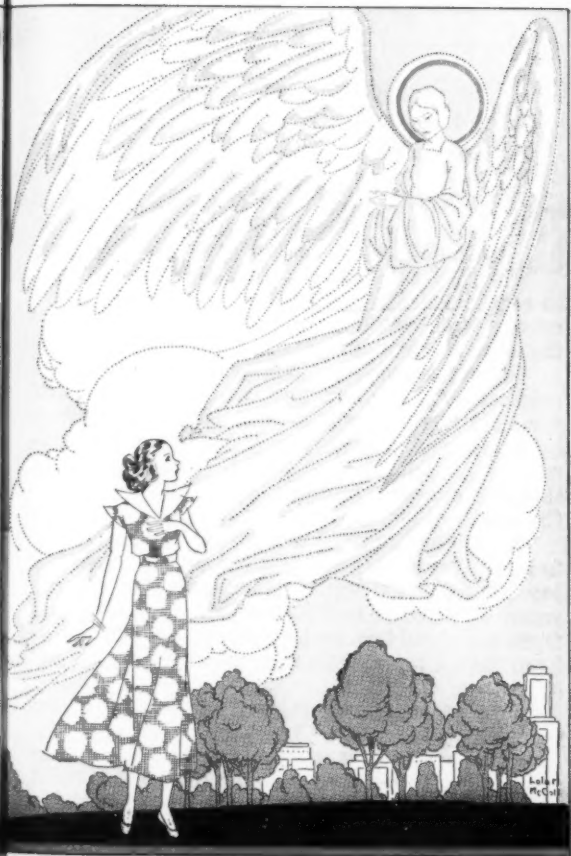
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AD



Sunday, May 12

The joy of Christ in my heart now overflows and carries joy to every part of my being.

MY WHOLE THOUGHT is now directed to the presence of Christ within me and His joy. I turn away from all belief in sorrow and depression in order to experience the truth of Christ's joy. I give up every depressing thought in order to know the exhilaration and ecstasy of joy in Christ.

Christ in me ever rejoices. Even as Jesus rejoiced so does Christ in me give vent to His joy. My heart overflows with joy and my whole being is flooded with joy. No thought of sorrow can exist in my world. No depressing thought can dampen the ardor of my joy in Christ.

Knowing Christ, I am joyful. I am happy to know Truth. I am light-hearted because His joy fills my heart with unspeakable joy. Every sense of burden is lifted from my mind and from my shoulders as I meditate upon holy joy. I am raised to Christ's consciousness of the joy of heaven.

The joy of Christ is ever my joy. I direct my every thought to Christ, knowing that His joy is mine and that it ever satisfies me. I need not look to worldly things for my joy. Christ satisfies my heart with joy.

Always rejoicing.—II Cor. 6:10.

Monday, May 13

There is but one presence and one power in Truth and in my life: the presence and power of God, the good.



TODAY I meditate upon the one God and my unity with Him. I realize that in Truth there are not many gods or rivals of the one God. I recognize but one Spirit of truth, one heavenly Father, one presence and power. I realize that all my former difficulties have come in thinking that there were presences, powers, or gods other than the God of truth, God the good.

I realize that all pertaining to God must be considered in terms of oneness. He is the one mind of Truth, the one spiritual consciousness. He is the one presence and power that fills the world of Truth. He is the one force that binds together all things in His world.

Through my higher consciousness I am now unified with God and His good. No adverse thought can separate me from God or His blessings. No thought of separation can cause me to be deprived of His goodness. I abide in the consciousness of spiritual unity.

In the unity of Spirit I identify myself with God in the great universal oneness.

There is one body, and one Spirit, even as also ye were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all.—Eph. 4:4-6.

Tuesday, May 14

I free my mind from the habit of condemnation through abiding in the consciousness of praise.

HENCEFORTH I will not condemn others. I give up all tendency to condemn. I cease finding fault or magnifying the shortcomings of others. I do not spend my time in seeking evil or in condemning it. Instead of looking for something to condemn, I find something to praise.

I know there is always some good in every one to praise. I look for this good and praise it. I praise even the smallest evidence of good and see it appear as increased good. I praise the blessings of God and see them appear as manifold blessings.

Abiding in the Christ consciousness, I cannot know condemnation. I do not condemn, neither am I condemned. Not living in the consciousness of condemnation, I do not attract another's condemnation. Living in praise and praising others, I build up such a consciousness of praise that the good in me is praised.

I live in a world of praise. As I praise the good it springs into manifestation. I praise the good and it is magnified. In the consciousness of praise there is no room for condemnation.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

Wednesday, May 15

*Through prayer, realizing my oneness
with God and His blessings, I can do
all things.*



WHEN I pray, I realize my oneness with God's blessings. I realize that the blessings I need or seek are already mine in Spirit. I know that I need not beseech God for blessings; I have but to make myself receptive to them. God answers my prayer by giving me that which makes my life happier and fuller. The answer that comes to me fully expresses God's love for me.

When I pray, I give up all sense of doubt. I no longer believe that disease or failure is God's will for me. Praying for health, I know that God rewards me with health. Praying for prosperity and success, I behold His prosperity and success coming into evidence in my affairs.

Through prayer, I commune with Christ within me. In this prayerful attitude I am turned to Christ and behold in Him the answer to my prayer. I behold Christ bestowing upon me that which makes me more and more like Him.

When I ask in prayer, I make myself receptive to the blessings of Christ. I ask and invite Christ to occupy my soul and my life. I make myself receptive to Him and invite Him to appear in my life as the blessing I seek.

Ask, and it shall be given you.—*Matt. 7:7.*

Thursday, May 16

Christ lives in me and fills me with untiring, abundant life.

I NO LONGER think of myself as tired or lifeless. I do not place any limitation upon my life or energy. I cease to think of my life as limited in any wise. I realize that the only limitation upon my life is my own limiting thought, which is constantly being improved through my study of Truth.

Christ ever abides in me and supplies me with life. That which lives in me is Christ. His presence within me is the presence of untiring, inexhaustible, abundant life and energy. I have but to direct my thought to Him in order to become conscious of His presence and life.

I wipe from mind all belief in disease, weakness, or death. I know that no limiting belief about life can have place in my consciousness of life. I realize that there is no limitation upon Christ, no limitation upon the life that I have within me.

In the consciousness of life I behold my life on a larger scale. I consciously lay hold of the life within me and I am every whit alive. My mind and my body are impregnated with the life of Christ.

Christ abides at the heart of my being as life that knows no limitation. In Him I am forever alive.

Christ liveth in me.—Gal. 2:20.

Friday, May 17

*The Truth of Christ now established
in my consciousness is the truth about
my innate peace, courage, health, and
success.*



THE TRUTH that Jesus brought from heaven to suffering humanity is the truth that frees me from all limited concepts. It is the truth that sets me free from bondage to inharmony, fear, disease, and failure. It is the truth about perfect man revealing his freedom from imperfection.

At the time of my creation there was planted within me the Truth of my being. The race thought may convey a limited belief about man, about me, but the Truth of Christ ever remains as the truth about me. When I discipline or correct my thought, I seek to let go of those beliefs which are contrary to this truth in order that it may be more firmly established within me.

That which is true of God's perfect man is likewise true of me in the ideal. That which is true of Christ is true of me. Only that which is true of Christ can be true about me, because Christ is the ideal and perfect man of God in whose image I am created.

Abiding in the Truth of Christ, I abide in the truth of my being. I cease to think of myself in other terms than those of Truth.

Speaking truth in love.—*Eph. 4:15.*

Saturday, May 18

The perfection of Christ, my Father's idea of perfect man, now appears in me as my own perfection.

IN GIVING up all thought of imperfection and shortcomings I rise out of the race belief in man's limitations. I no longer think that imperfection is God's idea of me or His will for me. I do not believe that when I display shortcomings I am living up to the ideal of me that exists in the mind of God.

Christ is the type of God's perfect son. He is placed before me that I may behold in Him that which I am in Spirit and in Truth, that which I am in the process of becoming like unto in visibility and in manifestation. As I meditate upon Christ, my own perfection becomes more and more tangible to me.

I know that in the ideal I am perfect. My Father has implanted within me the germ of perfection. In directing my thought to the consciousness of perfection, I find that my shortcomings drop away. No shortcomings can appear in my life when I am established in the truth of my perfection.

Meditating upon the perfection of God, my Father, and that of Christ, His perfect man, I become more and more like the Spirit of Christ within me, the very Spirit of perfection. I behold in Him my own perfection.

Thou wilt show thyself perfect.—II Sam. 22:26.

Sunday, May 19

*The light of Christ shining at the heart
of my being is the light of my illumina-
tion, inspiration, and guidance.*



I CANNOT be in the dark or live in ignorance. No wisdom or information can be withheld from me. All that I need to know for my soul's development and advancement must be revealed to me. The spark of divine light came with me from my Creator and is always where I am. This light can never be extinguished. It will never cease to reveal my good to me.

The wisdom of my Father is ever shining at the heart of my being, showing me that which is for my highest good. This wisdom illuminates my consciousness and solves all problems. The darkness of ignorance is dispelled by this light. I abide in the understanding that knows no lack of wisdom.

Christ ever inspires me with thoughts of Truth. My consciousness is enlightened and light shines everywhere. My whole world is illumined through the presence of Christ, spiritual light. This light is the glory of Christ rejoicing over my being lifted to His high consciousness.

I abide in the light of Christ and abide in the very illumination of heaven. Heavenly light floods my consciousness.

God . . . shined in our hearts.—II Cor. 4:6.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

May 20 to June 19

Illumination

*The Christ mind expresses its divine
perfection and glory through me.*

Healing

*The perfection of the Christ mind is
now formed in my mind and made mani-
fest in my body.*

Prosperity

*"Son, thou art ever with me, and all
that is mine is thine."*

Monday, May 20

The healing Christ within me now quickens me in the health that is His in God.



THE HEALING consciousness of Christ now quickened within me causes me to give up all belief in disease and my relation to it. I know that in Truth I am related only to Christ and to His wholeness. I realize that His presence quickens me in the consciousness of health and freedom from all bondage to disease.

I realize more fully that God's will for me is not disease. I know that in His sight I am not diseased. I know that I exist in Him without weakness, disease, or physical limitation. In His sight, I am whole and perfect.


The wholeness of Christ is my own perfect health. Christ in me is my health and no race thought of disease can prevail against it. Christ quickens me to health and I accept this blessing. No limiting thought on my part can cause me to lose sight of my perfect health in Christ.

The healing Christ is ever enthroned in my consciousness. From Him radiates health sufficient to keep me in perfect health. I know that nothing of the external world has power to produce disease in me when I know Truth and keep my spiritual eyes upon Christ.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—Jer. 30:17.

Tuesday, May 21

The Spirit of prosperity now discloses to my consciousness those prosperous ideas that will make my own prosperity visible.

IVING UP all belief in lack and failure, I direct my attention to that prosperity consciousness which will furnish me with prosperous and tangible ideas. I know that through these ideas my prosperity will be made tangible and visible. I realize that no thought of lack can exist in my mind or in my world when prosperity and Truth are uppermost in my consciousness.

I cease to think of lack or failure as God's will for me. I know that lack is never God's answer to my prayer for supply. I know that I cannot fail when I take God as my success. I must succeed because He is ever inspiring me to success.

I realize that God's first gift of prosperity to me is the gift of rich ideas. He gives me first a consciousness of prosperity and through this I have power to make my prosperity appear. This consciousness of prosperous ideas makes my prosperity tangible as supply in the form that will prove my biggest blessing.

Keep therefore the words of this covenant, and do them, that ye may prosper in all that ye do.
—Deut. 29:9.

Wednesday, May 22

*I am free from all doubt and unbelief
because of my ever-increasing faith in
God the good.*



NO LONGER doubt the goodness of God or believe in any power other than God. I do not divide my faith in God with any so-called power of evil. I do not believe that evil has any existence, power, or reality in Truth. I do not believe that I am under any spell or influence of adversity. I no longer believe in ill luck or misfortune.

I put my whole faith in God. I cannot disbelieve in Him. I cannot lose faith in Him because He is that which is my very foundation in Truth. I cannot give up my faith in Him because in doing so I should deprive myself of my own means of escape from bondage.

I am loyal to God. I am faithful in all my thoughts and acts. I give my heart to Him unreservedly. Through faith in Him I am rewarded with His favor and blessings. By being faithful I bring into my life the compensation of loyalty and fidelity.

Faithful to God, I find that my faith continues to increase and increase. My ever-increasing faith leaves no room in my consciousness for unbelief.

A God of faithfulness and without iniquity,
Just and right is he.

—Deut. 32:4.

Thursday, May 23

The Spirit of youth in me now convinces me that in Christ I am ageless and youthful.



WIPE from mind all belief in growing old. I know that in Truth I am under no law of age. I realize that when my consciousness is free from all thought of age, only youth can be expressed in my mind and in my body.

The Spirit of youth in me is ever inspiring and quickening me into a consciousness of youth. I realize that in Truth I am eternally young. I know that Christ in me does not crystallize or stagnate. I know that when I live in Him I am free from all bondage to the race belief in age. Christ in me is the source of my life and my eternal youth.

Christ in me is ageless. He ever seeks to convince me that I live in Him and that in Truth I am forever identified with His youth. In His consciousness I have no other choice but to express youthfulness. I cannot grow old in His Spirit. I cannot lapse from His desire for me as I meditate upon His youth-bestowing presence.

The Spirit of youth in me, the presence of Christ, is ever my protection against the race belief in age. As Spirit is ageless, eternally new, forever youthful, so in Truth am I.

Thy youth is renewed like the eagle.—*Psalms 103:5.*

Friday, May 24

*God the good ever exists at the heart
of my being and directs me to His omni-
presence of good.*



CEASE to think of evil as something that has being, reality, or existence in Truth. I no longer think of myself as identified with what men call evil. I know that in Truth I am not evil and that I have no relation to evil things.

I define evil as that which is in opposition to God, the good. I know that evil is but a supposititious opposite of God. I know that evil is that which men think and do when in ignorance of Truth they think and act contrary to God.

In Truth only God and His manifestation exists. I think of the omnipresence of God, the good, and know that there can be no presence of evil or anything unlike God. In Truth there is nothing but God, nothing but that in me which is like God. My Creator has placed in me nothing of evil and He beholds in me His perfect work of good.

God and His goodness in me now come forth as my own tangible goodness. With my spiritual vision upon God, I cannot express in my life anything but good. With my whole thought on God, the good, I can bring only good to pass in my life. I see naught but His omnipresent goodness in Truth.

Hold fast that which is good.—*I Thess. 5:21.*

Saturday, May 25

*The forgiving Christ at the heart of
my being quickens me and I forgive
easily.*



HAVE no difficulty in forgiving because Christ in me inspires and helps me to forgive. I give up all memory of hurt feelings, personal injury, and revenge in order to experience the forgiving presence and power of Christ. Christ helps me to forgive and strengthens me in the deed. I forgive readily because I give myself entirely over to the will of Christ.

The forgiving Christ helps me to rise above every tendency to withhold forgiveness. I do not refuse to forgive and thus stand against the will of Christ. I am willing to let Christ in me express His forgiveness in and through me. I am ready to take any step toward bringing about complete forgiveness.

When I forgive, Christ in me forgives. When I withhold forgiveness, I refuse to cooperate with Christ. I am therefore now taking the mental and spiritual attitude that will cause me to forgive every one that I have thought has injured me in thought, word, or deed.

I rejoice to forgive. I now enter a new consciousness in which there is no memory of personal wrongs. I forgive and forget.

Her sins, which are many, are forgiven; for she loved much.—*Luke 7:47.*

Sunday, May 26

The stillness of the presence of Christ within me now commands my whole being to be still and quiet.

MY ATTENTION is now turned away from all noise and confusion in the world about me. I am no longer disturbed by the noise and jangle of the world. There is nothing in me to respond to any unpleasant noises in the world about me. I am not affected by the state of things in the external world.

Christ in me is a presence of quietness and stillness. Turning in thought to Him, I identify myself with His quiet presence. I know that the noises of the world about me cannot disturb me when I am at one with Him. I know that in Spirit I ever abide in His presence and am at one with His stillness.

Mentally and physically I am made quiet and still through the quietness and stillness of Christ. My whole being is pervaded with His presence of stillness. Nothing of the world about me can disturb me because of my identification with Christ.

When I am weary or disturbed, I have but to turn my attention to Christ. I need but give Him my every thought to have him in turn give me of His presence, stillness, and quietness.

Thine eyes shall see Jerusalem a quiet habitation.—*Isa. 33:20.*

Monday, May 27

The way of Christ—the way to peace, health, and success—is now revealed to me.



DO NOT believe that I have many paths among which to choose. I am not undecided about the choice I should make. I know that in Truth there is but one way for me to go. I pray that I may find this way and recognize it as Christ's way for me to take.

The way of Christ is not difficult. When I go His way, I am assured of light, peace, joy, courage, love, health, and plenty. His way is not one of deprivation. I go the hard way only when I go contrary to the will of Christ. I go the easy and successful way when I let Him direct my steps.

The way of Christ now opens before me and reveals my highest good to me. I go His way willingly and gladly and find in it the choicest blessings of heaven. The way of Christ leads me to happy experiences.

My every thought is now directed to Christ and to the path that He has chosen for me. I alone do not do the choosing. He decides for me and relieves me of the burden of making decisions. He reveals to me the path that leads to my highest good.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

Tuesday, May 28

*I relax from all strain and tension and
abide in the presence of Christ.*



GIVE up those thoughts which cause tension: thoughts of fear, resistance, and selfishness. My mind is relieved of all tension-producing thoughts and relaxes in peace. I know that I cannot be tense in mind when I no longer think thoughts of tension.

My body now relaxes from all stress and strain. I do not have tense muscles and taut nerves. My body relaxes because I am free from mental tension. I relax in the consciousness that the persons and things of the world about me cannot disturb me in mind or in body.

I now relax in the consciousness that Christ is ever within and about me. Nothing can make me tense when I abide in spiritual consciousness and realize the truth. Nothing can disturb me when I live in the conscious realization that I am in the presence of Christ. Stress, strain, and tension have no place where Christ exists.

Relaxed in mind and in body, I abide in the realization of perfect harmony. I am no longer affected by things. I cease to be tense about the future. I am free from all concern about my relatives or my business.

He leadeth me beside still waters.
He restoreth my soul.

—Psalms 23:2.

Wednesday, May 29

I now abide in the realization that the kingdom of heaven is within and about me and that I am one with it.



DENY that any adverse belief about time or distance can separate me from heaven. I know that heaven does not exist in some distant place or that it can be reached only in the future. I realize that only man's limited ideas of time and space can keep him from finding heaven. Through overcoming every thought in my mind contrary to the truth about heaven, I find it within and about me here and now.

Heaven is a state of perfect harmony in which I find myself perfectly adjusted to all the situations of my world. In this adjustment I find myself in my true relation to God and to all persons. In heaven there is no disorder, no maladjustment. I abide in the consciousness of divine order, perfect harmony, and right adjustments.

In heavenly consciousness I easily find heaven. I seek and find that realm where God eternally dwells and in which I find myself harmoniously adjusted to all persons, all things, and all circumstances. I live in the realization that in Truth there is only God and His world of harmony. In Truth nothing but His world of perfection exists.

Seek ye his kingdom.—*Luke 12:31.*

Thursday, May 30

Christ in me exalts me to His consciousness and I am lifted up.



REALIZE that nothing in all this world has power to cast me down, since Christ in me is ever lifting me up to His consciousness. Persons, things, and events have no power to debase me since Christ has all power to exalt me. Lifted up to His consciousness, I am exalted to high heaven.

As Christ in me is ever exalted, so does He exalt me. He lifts me above every lifted and debased thought. I abide with Him in His heavenly consciousness. I live with Him in the consciousness of exaltation. I am free from all belief that would bind me to things material. My soul is one with the Spirit of Christ.

When things of the world would seem to cast me down, I have but to turn to Christ to be lifted up. I have but to give my full attention to Him in order to be exalted. His presence within me causes me to lose sight of any so-called presence that I have previously empowered to cast me down.

Christ exalts me to the wisdom of heaven, and I no longer believe in any vain philosophy of the world. I no longer permit anything to keep me from knowing spiritual exaltation and ecstasy.

So must the Son of man be lifted up.—*John 3:14.*

Friday, May 31

I acknowledge no power but the one spiritual power, the omnipotent Christ, the power of good.



CHRIST in the midst of me is omnipotent. He is the one spiritual power. No power can exist in opposition to Him. He is the power of spiritual light, peace, joy, love, life, and substance. Ignorance, inharmony, depression, hate, fear, disease, lack, and failure have no power in Truth because Christ, the power of good, is omnipotent. I know that no limited, negative, or adverse thing or circumstance can have power in my life, because I acknowledge Christ as omnipotent.

I accept Christ as the power of good. Doing this, I can no longer think of so-called evil as having power. I know that there can be nothing more than the allness of Christ, nothing having power in addition to His all-powerfulness. In my study of Truth, I aim to reach that consciousness in which I shall have the conviction that He is omnipotent and that nothing in all this universe can stand against His might.

The omnipotence of Christ now fills my life with all power and I henceforth recognize no power of adversity. I know that the power of Christ is all there is in Truth and that it is now being expressed in me and in my life.

Acknowledge my might.—*Isa. 33:13.*

Once Is Not Enough

Today's feast will not satisfy tomorrow's hunger. Likewise, one demonstration of Truth is not sufficient—you must keep on proving the law day after day. Perhaps you once proved Truth in connection with supply. Then prove it again. Let the Prosperity Bank plan help you to observe the law of plenty, and Silent Unity will join you in prayer for your prosperity and success.

Unity School of Christianity,
917 Tracy, Kansas City, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a demonstration of prosperity. I know that sharing is a step toward increase, so I will use the Bank to save \$3 to send *Unity Daily Word* for one year to each of the three friends listed here. I will use the Bank seven weeks, and I will cooperate with Silent Unity's efforts in my behalf.

Friend's name

Street

City State

Friend's name

Street

City State

Friend's name

Street

City State

My name

Street

City State

Unity Daily Word in Braille

Beginning with the April number, *Unity Daily Word* is being published in Braille. It is one of the few magazines for the blind, and the only metaphysical one.

Some time ago we asked our friends what they thought of this plan, and their response was so enthusiastic that we immediately went ahead with it. Many letters were similar to this one from A. C.: "In appreciation of the blessing of sight I am inclosing draft for \$25 as my coöperation toward publishing *Unity Daily Word* in Braille."

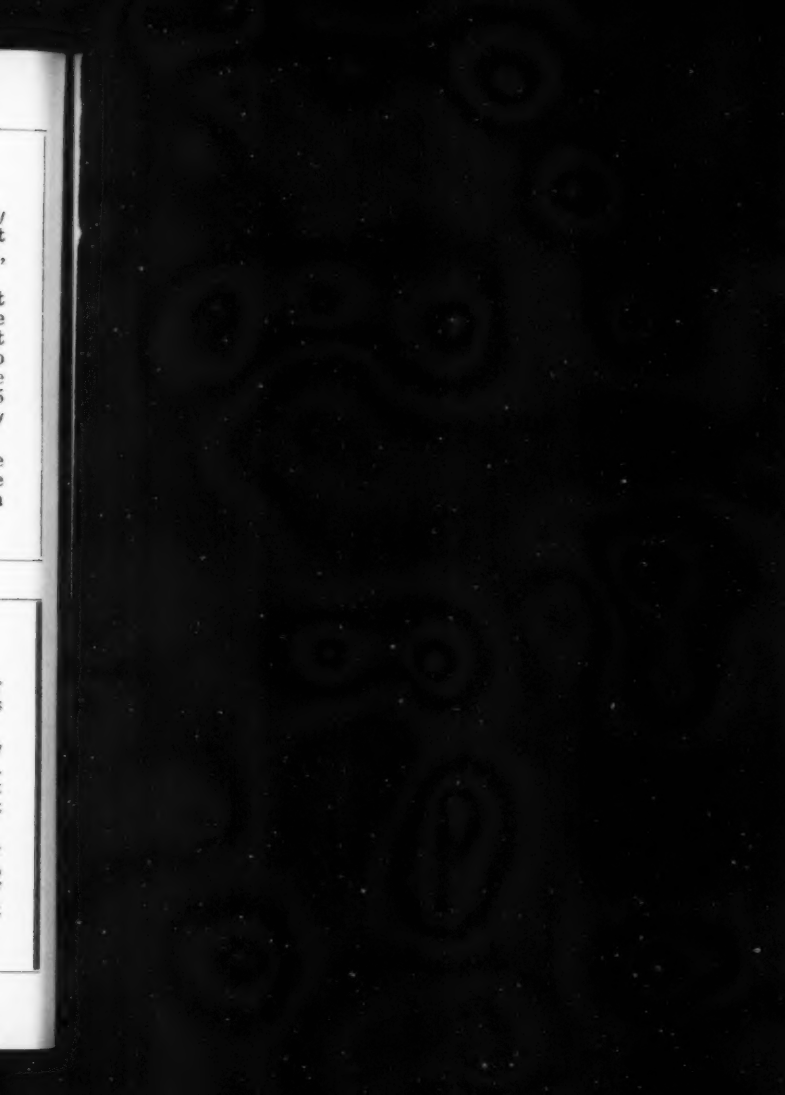
We shall send these Braille copies free to the blind, and trust God for funds to offset the cost. Already our friends have sent enough to pay for the April issue.

Booklets at Reduced Price

We have only three 35-cent booklets on our list, and we are reducing these to 25 cents each!

Beginning Again, by the editor of *Unity Daily Word*, is a favorite with our readers. It sounds a note of joy, a call to let go of past things and concentrate on making the present a truly worth-while experience.

The other two are by James Allen: *Out from the Heart*, for those who are striving to attain perfection; and *Through the Gate of Good*, a book on the teachings of Jesus Christ regarding daily life and conduct.



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A SERIAL that started in the April number of *Progress* tells the true story of a woman who was sentenced to a long prison term. Just when life seemed darkest she was introduced to Truth, and it brought her freedom such as she had never before experienced. She shares with the reader the affirmations that helped most to transform her life. This gripping six-part serial was reported for *Progress* by a well-known writer. You will like it, and you will also enjoy *Progress* for its short stories and articles, its interviews, poetry, color, and humor.

"If THE Truth had been presented to me when I was young I should have been saved about forty years of groping," wrote a friend from Duluth, Minnesota, recently when she ordered *Wee Wisdom* for a little friend. To save groping—that is just what *Wee Wisdom* is for. It teaches lessons in courage, kindness, friendliness, honesty, sportsmanship, obedience, loyalty, and the like in such a delightful way that children love it and easily reflect its teaching in their speech and actions. If there is a child in your family or in your friend's family whom you want to save from groping, aid him with a year's subscription for *Wee Wisdom*.

The price of PROGRESS and WEE WISDOM, like that of the other Unity periodicals, is \$1 each for a year's subscription.



High Tower of My Soul

Elizabeth Martin

High tower of my soul,
Unshaken, unmovable,
 No race thought of fear,
 Disease, want can enter here.

High tower of my soul,
Serene, mighty comforter,
 Raise high a heart that sings
 Against all chaotic things.

High tower of my soul,
Column of unchanging power,
 Truth comes when we find,
 O God, we are of Thy mind.



